

# ANA BEATRIZ MEDINA ALVAREZ

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## Highlights of Qualifications

- Masters of Divinity and Clinical Counselling, Tyndale University, 2024.
- Child and Adolescent Psychiatrist Fellowship. The Sick Kids Centre for Community Mental Health. University of Toronto (2014-16)
- Certified, licensed and insured as Medical Doctor (1996) Psychiatrist (2002) Child and adolescent Psychiatrist (2009). Telehealth practice, *Colombia* (Current)
- Author and editor of several books on children mental health and development for Colombia
- Excellent communication skills, professional networking relationships with other health care professionals, teachers, and patients

## Education and Training

### Master of Clinical Counselling and Divinities

Tyndale University and Seminary

Sept 2020 – May 2024

### Graduate Certificate in Biblical Care & Counselling

Heritage College and Seminary  
Cambridge Ontario Canada

Sept 2017- May 2019

### Fellowship of Child and Adolescent Psychiatry

Sep 2014 – June 2016

University of Toronto / The Sick Kids Centre for Community Mental Health. Former Hincks Dellcrest Centre Toronto, Canada.

Fellowship Supervisor: Dr. Susan Dundas. MD.

Fellowship objective: Child, Adolescent, and family group and individual psychotherapy.

- *Teaching*
  - Family Therapy Team Junior Supervisor  
Supervisor: Dr. Upasana Krishnadev, M.D. RFCPSC
  - OACAS. Ontario Association of Children Agency Societies Jan 2015  
WHODAS 2, 12 item version scale and it's application to evaluate function and ability. Part II, review and Clinical application. Case presentation and Expert Panel. World Health Organization Approved (WHO).
  - OACAS. Ontario Association of Children Agency Societies Nov 2014  
WHODAS 2, 12 item version scale and its application to evaluate function and ability. Part I (WHO Approved).
- *Staff Groups*
  - Outpatient, and community care for latency age children.  
Resilience oriented group interventions. CBT. Psychopharmacology Consultation.  
Supervisor: Dr. Susan Dundas. MD. RFCPSC
  - Latency Age Assessment Team  
Supervisor: Dr. Lara Postl, M.D. RFCPSC
  - Adolescent Clinical Investigation Unit and Psychopharmacology Consultation Team

Supervisor: Dr. Kevin Gable, M.D. RFCPSC

- Residential, day treatment and transitional program for adolescents.  
Participation in the research "Magnetoencephalography and teenagers with emotional dysregulation." Anthony C. Ruocco, Ph.D., C.Psych  
Emphasis in Dialectic Behavioral Therapy (DBT).  
Supervisor: Dr. Helen O'Halpin. M.D. RFCPSC
- Infancy Team Assessment and Treatment Team  
Supervisor: Dr. Diane Phillip, M.D. RFCPS  
Attachment assessment for infants and Play therapy

**Post-graduate Training in Child and Adolescent Psychiatry** Jul 2002 – Jun 2004  
University El Bosque, Bogotá, Colombia

**Post-graduate Training in Psychiatry** Jul 1999 – Jun 2002  
University El Bosque, Bogotá, Colombia  
Honours: Best Research, awarded with "Premio Henry Garcia 2002." Molecular biology of immunology system in sleep deprivation and depression.

**Certification in Psychoanalytic Psychotherapy** Aug 2000- Jun 2001  
University El Bosque, Bogotá, Colombia

**Internship** Dec 1995 – Nov 1996  
Hospital San Juan de Dios, Zipaquirá Colombia Dec 1995 – May 1996  
University Hospital San Ignacio, Bogotá, Colombia Jun 1996 – Nov 1996

**Doctor in Medicine and Surgery** Jan 1991 – Nov 1996  
Pontificia Universidad Javeriana, Medicine Faculty, Bogota, Colombia

### Licensure and Medical Examinations

**CRPO** Aug. 2023  
Registered Psychotherapist (Qualifying)

**Medical Council of Canada** Apr 2017  
Medical Educational Credential Assessment Report. ECA ID 3: E2933846481MM  
Credential Assessed: Medical Degree  
Canadian Equivalency Established: *Doctor of Medicine*  
Medical Council of Canada Evaluating Examination Nov 2013  
Medical Council of Canada Qualifying Examination I Apr 2014  
NAC – OSCE Sep 2014

**Educational Commission For Foreign Medical Graduates** Oct 1998  
Certification as Doctor of Medicine (USA)

**Certified and Licenced General Practitioner:** Labor Colombian Ministry, Health Department 1996 – Current  
**Certified and Registered Psychiatrist:** Colombian Education Ministry 2002– Current  
**Certified and Registered Child and Adolescent Psychiatrist:** Colombian Education Ministry 2004 – Current  
Certified and Licenced Telehealth Child and Adolescent Psychiatrist

### Clinical Experience

**Child and Adolescent Psychiatrist** September 2016- Current  
Telehealth certified Colombia, South America.  
Private practice Online. Part Time.

**Child and Adolescent Christian Mentor** September 2016-Current  
Private, non-profit

- Services for children, adolescents and families in emotional crisis.

**Child and Adolescent Psychiatrist** Oct 2005 – Feb 2012  
Social North Polyclinic, Bogota, Colombia

- Evaluated, diagnosed children for mental diseases and family difficulties, created management plans
- Provided Psychotherapy according to patient or family needs. Brief and Emergency interventions, Systemic or Cognitive and Behavioural or psychoanalytic oriented Therapy.
- Offered pharmacotherapy and ordered laboratory follow-up for possible secondary effects of medications
- Worked with Medical Specialties and Psychology, partnered with other health professionals

**Child and Adolescent Psychiatrist Outpatient** May 2009 - Feb 2012  
Our Peace Lady Clinic, Bogota, Colombia

- Attended to about 150 insured patients per month
- Acted as a consultant for Physicians and Psychiatrist working with patients in remote areas
- Offered pharmacotherapy and psychotherapy
- Provided brief and emergency Cognitive and Behavioural psychotherapy for sexually, physically, and neglected children
- Worked alongside Child Psychiatrists, Neurology Paediatricians, Psychologist, Occupational Therapist, Psychiatric Nurses and general Staff in inpatient and outpatients' units

**National Health Specialist** Apr 2008 – Apr 2009  
Compassion International Incorporated Colombia's Branch, Bogota, Colombia

- Followed the Integral health view of the institution, physical, psychosocial, emotional, and cognitive development
- Worked as a team resource Physician and Mental Health expert for an international network for 1' million sponsored children
- Prepared monthly reports, based on the health of 50.000 sponsored children and projects, to Colorado Springs Office, USA
- Authored and edited six health education books to supplement the curriculum in mental and development areas

**Child and Adolescent Psychiatrist/Scientific Leader for Children's Mental Health** Mar 2007 – Mar 2008  
Centre East Hospital, Bogota, Colombia

- Scientific Leader of mental health community network for 20,000 children
- 90% Clinical Job and 10% Administrative work
- Offered cognitive and behavioural individual and group psychotherapy for approved pathologies for children in an outpatient half day stay for children. Roughly 60 monthly patients with weekly to by weekly interventions
- Conducted clinical cases with teamwork for every patient in the day stay program on a monthly basis. Hospital capacity of 200 weekly patients
- Managed an outpatient program for sexually abused children recovery, with 12 to 24 sessions of Brief and Emergency psychotherapy. Approximately 10 monthly patients
- Worked in collaboration with General practitioners, Medical Specialties, Psychologist, Occupational Therapist, Speech Therapist, Special Educators and Social workers

**Child and Adolescent Psychiatrist/Scientific and Administrative Coordinator** Dec 2004 – Mar 2006

Children Mental Health Dept. Usaquen's Hospital, Bogota, Colombia

- 70% Clinical work and 30% Administrative work
- Provided initial and final evaluation of patients in an outpatient mental health day program for children
- Supervised psychotherapy in systemic, psychodynamic and cognitive and behavioural for individuals, families and groups.
- Conducted teamwork clinical cases for every patient one by one every 3 months, daily capacity of 300 patients.
- Leader of mental health community network for 40,000 children

**Emergency Room Physician** Jan 1999 – Jun 1999  
Female Clinic. Emergency and Surgery.

**Physician** Aug 1998 – Oct 1998  
Surgery Department, Kings Clinic, Bogota, Colombia

**Physician** Nov 1997 – Jan 1998  
Compassion International Colombia, Interamerican School, Bogota, Colombia

**Emergency and General Physician Services** Dec 1996 – Jan 1997  
Social Service, Suba's Neighborhood Hospital, Bogota, Colombia

### Academic Appointments

**Lecturer** Oct 2004 – Oct 2011  
Colombian Psychiatric Association

- Member of the Child and Adolescent Psychiatry Committee for Continuing Medical Education
- Conducted specialized conferences and workshops:
  - 'Writing for Parents and Mentors about Child and Adolescent Psychiatry'
  - 'Children could become Adults with ADHD'
  - 'Child psychopathology in Mercy Hospital, 5 years follow-up'
  - 'Difficult Children',
  - 'Colombia Needs Databases for Research'
  - 'Depression and Immunology'

**Lecturer** Aug 2004 – Dec 2004  
Faculty of Medicine, Psychiatry, El Bosque University, Bogota, Colombia

- Conducted a course 'Research and Structured Interviews' for Psychiatry residents of 2nd year
- Designed course curriculum and evaluated residents knowledge and acquired skills

### Research Studies and Publications

**Medina A.** *Five Fundamental Needs of child and Adolescents.* Parent's manual on Child and adolescent rearing. Social North Polyclinic. 2011.

Escobar C, Parada S, Matallana M, Polo M, **Medina A.** *Health Curriculum First Year.* 1 Tutor Guide Book for children from 3 to 5 years. 2009

Escobar C, Parada S, Matallana M, Polo M, **Medina A.** *Health Curriculum First Year.* 2 Tutor Guide Book for children from 6 to 8 years. 2009

Escobar C, Parada S, Matallana M, Polo M, **Medina A.** *Health Curriculum First Year.* 3 Tutor Guide Book for children from 9 to 11 years. 2009

Escobar C, Parada S, Matallana M, Polo M, **Medina A.** *Health Curriculum Second Year. 4 Tutor Guide Book for children from 3 to 5 years.* 2009

Escobar C, Parada S, Matallana M, Polo M, **Medina A.** *Health Curriculum Second Year. 5 Tutor Guide Book for children from 6 to 8 years.* 2009

Escobar C, Parada S, Matallana M, Polo M, **Medina A.** *Health Curriculum Second Year. 6 Tutor Guide Book for children from 9 to 11 years.* 2009

**Medina A.** *Neurobiological Consequences and General Therapeutic Approach with child sexual abuse.* Colombian Magazine of Neuropediatrics. 2004.

**Medina A,** Vasquez R. *Child and Adolescent prevalence of psychiatric pathology, descriptive study.* Universidad Nacional, Bogota, Colombia. 2004.

**Medina A,** Vasquez R. *Child and Adolescent Psychiatric Integrated Information System and Software.* Graduation Thesis, Child and Adolescent psychiatry. Universidad El Bosque, Bogota, Colombia. 2004

**Medina A,** Vasquez R. *Prevalence of Psychiatric Disorders in Children from Mercy Hospital Mental Health Department.* Universidad Nacional. Bogota, Colombia. 2003.

Pineros S, Franco A, **Medina A.** *Child Development.* Chapter 1. *Child Psychiatry Series,* Universidad El Bosque. Bogota, Colombia. 2003.

Arbelaez A, **Medina A.** *TCD8-CD8 and Natural Killer Cells in patients with Major Depression Disorder compared with Sleep deprived patients and Normal Healthy Controls.* Graduation Thesis, Psychiatry, University El Bosque. 2002. (Honoured for connecting Molecular biology, Psychiatry and Immunology "Henry Garcia Escobar Award 2002")